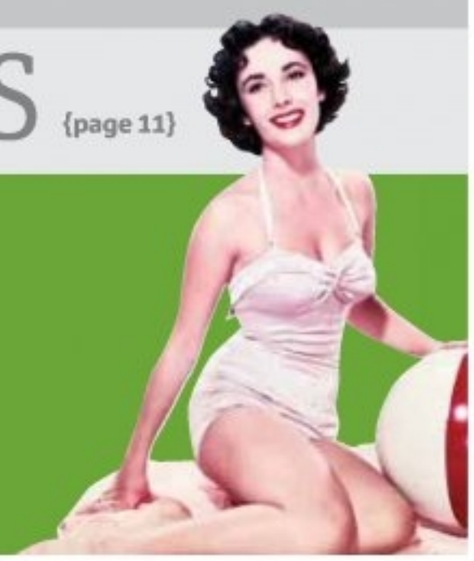
letters@metro.us

OLD IS THE NEW NEW IN SWIMSUITS {page 11}



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Wednesday, July 11, 2012

# Stabbings bring more drama to movie set

COURTNEY SACCO//METRO

One dead, two injured in second violent incident in two days near filming of Sandra Bullock comedy 'The Heat' {page 02}

▶ EMTs escort one of three stabbing victims to an ambulance yesterday afternoon. Filming on the Roxbury set was temporarily shut down once emergency sirens became audible in the background, a publicist for the production said.

Sports

## Patriots tight end shows just that

Gronkowski poses 'mostly nude' ESPN's 'Body Issue' on sale this week {page 19}

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# Deadly stabbing near Bullock movie set

## One man is killed, two others injured ◗ Officer working detail at movie shoot chases suspect

A daylight attack not far from the movie shoot in Roxbury where stars like Sandra Bullock are working left one man dead, two others injured and briefly shut down the production.

Officers were called to the Social Security Administration office at 10 Malcolm X Blvd. just before 2 p.m. yesterday, according to police. A fight broke out outside the office in the rear parking lot and escalated to a stabbing.

Three men between the ages of 17 and 21 were stabbed. One died and the other two men suffered injuries that were not life-threatening, police said. Authorities have not identified the deceased victim nor a pair of men who were taken away in police cruisers and shouting.

The incident occurred not far from Dudley Square where Bullock and "Bridesmaids" actress Melissa McCarthy are filming a new movie called "The Heat."

A Boston police officer working a detail at the movie shoot heard the emergency broadcast and joined the chase of the suspect. Police said a suspect was caught nearby.

Deborah Simmrin, a publicist for the movie production, said filming briefly stopped when the police and ambulance crews arrived and the emergency sirens could be heard.

"We stopped when the sirens came by," Simmrin said. "No one knew what was going on. By the time we knew, it was all taken care of."

It was the second day in a row a violent incident occurred near the shoot location. Fifteen people suffered minor injuries when an MBTA bus crashed into a parked film equipment trailer.

Despite the incidents, Simmrin said there were no plans to change the shoot location and that everything was on schedule.

Filming yesterday started at 7 a.m. and was scheduled to last until 7 p.m. The Dudley Square filming location was scheduled to be in place through tomorrow.

MICHAEL NAUGHTON
michael.naughton@metro.us

### Set security

**Deborah Simmrin, a publicist for the movie production, said that despite the nearby stabbing, no security changes were made to the film site.**

Besides the Boston police officers working a detail at the site, a team of private security guards is hired. "We're very secure," Simmrin said. A Boston police officer working a detail at the film location helped to capture the stabbing suspect. "He's very good at his job," Simmrin said.

COURTNEY SACCO/METRO

▶ Multiple suspects were taken away by police after the fight near Malcolm X Boulevard.

### Bus crash inquiry continues

The MBTA has not taken action against a driver who plowed into the back of a film production truck Monday, despite media reports to the contrary.

MBTA spokesman Joe Pesaturo yesterday denied that any action has been taken against the 33-year-old female driver, whose name has not been released.

"She was not suspended," Pesaturo said following a false news report that the driver had been taken off duty while officials investigated the cause of the crash.

Investigators are still piecing together what caused the crash, but Pesaturo said yesterday that an inspection of the bus showed that there were no mechanical problems.

## In the news

**600**

That's roughly the number of responses the MBTA got within the first 24 hours of sending out surveys seeking feedback from riders who would be interested in using the agency's upcoming mobile ticketing app. The technology would allow riders to buy their fare from smart phones. The MBTA is expected to unveil the app in the fall in the hopes of streamlining the commuter experience. METRO

## Today's local tweet

"Just made TERRIBLE awkward eye contact with someone I hate. Thank you #MBTA for making my life so much more awkward."

@YOUBZZ, ON THAT DREADED MOMENT WHEN YOU HAVE TO GIVE THE "OH, I DIDN'T EVEN SEE YOU" ACT IN PUBLIC

## Back Bay cars are keyed, police seek suspect

**BOSTON.** Many Back Bay residents woke up to an unpleasant surprise on their cars.

Multiple cars parked in a back alleyway were damaged when someone took a key or a sharp object and scratched the sides of many cars.

Police were counting the number of reports yesterday, but would not say how many cars were damaged because some may not be reported.

While the exact number was unclear, a couple of dozen cars could be seen with scratch marks.

COURTNEY SACCO/METRO

▶ One of the keyed cars

The first report came in about 6:40 p.m. Monday, when the car owner reported that sometime between midnight and 7 a.m. her car was damaged. Anyone with information can call 617-343-5619. METRO

## Gillette Stadium bans smoking

**FOXBOROUGH.** Fans headed to Gillette Stadium for Saturday's New England Revolution game will have to leave their cigarettes at the door. Stadium officials announced this week that Saturday will be the first day the venue will be a totally smoke-free environment. Smoking had been allowed in designated areas. METRO

## MBTA police warn riders to secure bicycles

**BOSTON.** Citing an increase in the number of commuters parking bicycles at MBTA stations, transit police yesterday handed out pamphlets showing people how to properly lock their bikes.

Officers spoke with commuters at Alewife, South Station, Forest Hills, Green Street Station, Mattapan and Ashmont, saying that Alewife was the worst-hit station.

Police told cyclists keep their bike's serial number in a wallet, register the bike with the National Bike Registry so it can be identified it if it is taken over state lines and frequently change where bike is locked up so thieves don't pick up on a pattern.

Police also reminded cyclists to use Pedal and Park facilities that are equipped with CCTV cameras. METRO

COURTNEY SACCO/METRO

▶ Lock it up.

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# Free boot camp at City Hall

The Boston Public Health Commission announced yesterday that the public will have access to yet another free fitness class.

As part of Mayor Thomas M. Menino's Boston Moves for Health program, Fitness on the Plaza will expand to include free after-work Fitcorp Bootcamp classes on Wednesdays.

The "high-energy, outdoor interval class" emphasizes endurance and strength and uses drills to hit all muscle groups.

People of any fitness level can participate. Advanced registration is not required, but participants are asked to arrive 10 minutes before the class starts.

The classes are held outdoors, rain or shine, at City Hall Plaza every Wednesday from 5:30-6:30 p.m. from July 11 until Aug. 29. **METRO/MR**

NICOLAUS CZARNECKI/METRO

▶ Participants of Boston Moves took part in free yoga earlier this summer.

# Northeastern grad to plead guilty in terror scheme

▶ Ferdaus planned to load this plane with explosives.

A Northeastern University graduate who planned to blow up the Pentagon and U.S. Capitol building using remote-controlled planes will plead guilty.

Court documents filed yesterday show that Rezwan Ferdaus, 26, of Ashland, plans to plead guilty to attempting to damage and destroy a federal building by means of an explosive and attempting to provide material support to terrorists. Both Ferdaus and the U.S. Attorney's office agreed on a 17-year prison sentence, according to the eight-page change of plea agreement.

"Defendant expressly and unequivocally admits that he committed the crimes charged in counts one and five of the indictment, did so knowingly, intentionally and willfully, and is in fact guilty of those offenses," the plea agreement states.

In exchange, prosecutors will drop four other charges against Ferdaus.

The change of plea hearing was scheduled for next week.

Ferdaus, who is a U.S. citizen, planned to use large, remote controlled aircrafts filled with plastic explosives and fly them into the Pentagon and U.S. Capitol building.

Ferdaus was arrested in September after FBI agents working undercover delivered what he thought was 25 pounds of C-4 explosives, three grenades and six AK-47 rifles. The explosive material was fake and contained only 1.25 pounds of C-4, authorities said.

**Quoted**

**"Defendant expressly and unequivocally admits that he committed the crimes charged in counts one and five of the indictment, did so knowingly, intentionally and willfully, and is in fact guilty of those offenses."**

**PLEA AGREEMENT**

Authorities have said he traveled to Washington, D.C., to conduct surveillance and take photographs. They said he also rented a storage facility in Framingham where he planned to construct the parts for his attack.

Authorities have said that the public was never in danger and Ferdaus was closely monitored.

During a hearing in October, Ferdaus pleaded not guilty and his lawyer said the government "orchestrated" the case against him. Also during the hearing, Ferdaus was greeted by supporters who shouted: "Hang in there."

**MICHAEL NAUGHTON**
michael.naughton@metro.us

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# MIT alumni have a fashion fix letting you keep your cool

**"I went [rubbed my armpit] at one point, and I didn't feel anything. It does feel cooler, to tell you the truth."**
METRO MUSIC EDITOR PAT HEALY

Word is spreading about a new men's dress shirt that makes hiking and Hubwaying to work a breeze — literally.

Today, a Kickstarter campaign for the Ministry of Supply's heat-managed Apollo shirt comes to a close with a record breaking response from backers, so Metro thought it was a perfect time to put the high-tech shirt to the test.

"Does it make me feel cool? Style-wise, or temperature-wise? Yes, both," said Metro Music Editor Pat Healy after a 10-minute bike ride around Boston's Innovation District as the temperature neared 80 degrees yesterday.

Overall, the $100 Agent shirt he tried passed the test.

Healy admits to getting the occasional pit stains after a vigorous bike ride — but yesterday there were none.

Ministry of Supply co-founder Kevin Rustagi, who loaned the shirt and his bike for the test, said the shirts are the future of business attire.

"I remember biking to work. I'd walk in, and I'd literally have sweat dripping down my back — super gross. With these shirts, within 15 minutes, it's just gone," said 23-year-old Rustagi.

The synthetic knit of the shirt — made with materials used in NASA space suits — allows capillary action to pull the moisture into the fabric and makes for easy evaporation, according to Rustagi, who is one of four MIT-educated co-founders of the company.

Co-founder Kit Hickey said the amount of money pledged by backers on Kickstarter — which, as of press time yesterday, was $365,571 — shows that people like the idea.

"A lot of people who have heard about the shirts have gotten so excited, and said, 'Finally.' I think once we put it in front of people, they will be very receptive to it. I think people really understand it," Hickey said.

The group reached its $30,000 Kickstarter target just five days after launching the campaign last month.

The company has gotten orders from around the world, Rustagi said, with one customer in Australia buying $2,000 worth of shirts to revamp his wardrobe.

Plans are in the works for a shirt line for women, but in the meantime some women have ordered the shirts and had them tailored to their frames.

For many buyers, the steep price might be tough, with the Apollo shirt costing up to $130.

Hickey said she believes customers will find the benefits are worth the higher price tag.

"I think many people will realize it has more value than a regular dress shirt," she said.

Brianne Barrett mentors the team through the MassChallenge accelerator program said the shirt offers a solution that addresses the long-time issues many people have with their standard dress shirts.

"They're taking something that's been forgotten and making it better through design and technology," Barrett said. "It's exciting to think about the future and picture all of the ways the garments could be used in everyday life."

COURTNEY SACCO/METROX

▶ Metro Music Editor Pat Healy shows off his stainless pits.

## Shirt sense

- Dress shirts cost between $100 and $130 and focus on heat and moisture management, odor control and dynamic motion.
- As of deadline yesterday, $365,571 was pledged on Kickstarter.
- Shirts use the technology NASA uses in space suits.
- The group reached their $30,000 Kickstarter target just five days after launching their campaign.

MORGAN ROUSSEAU
morgan.rousseau@metro.us

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## In the news

▶ Viacom is in the process of negotiating a new deal with DirecTV.

### DirectTV blackout looms

DirecTV customers may not see SpongeBob, Snooki or Jon Stewart after midnight on Tuesday because of a heated impasse taking place between the largest U.S. satellite TV provider and Viacom Inc., the company behind the popular cartoon, reality series and political talk show.

In a blog post on Viacom's website, spokesman Mark Jafar wrote that despite Viacom's "best efforts," DirecTV rejected proposals to renew their contract. Nearly 20 million DirecTV customers will not have access to 26 Viacom channels, including MTV and Nickelodeon, if a new deal isn't struck.

The stand-off is the latest saga taking place between media companies and cable and satellite TV providers over the cost of content. These providers pay a fee to media companies that allows them to carry channels such as MTV. Programming is the single biggest cost for distributors and in recent years they have taken a hard line against what they view as unreasonable "carriage fee" increases by content companies like Viacom. **REUTERS**

# Republicans looks to stop loans support for 'Solyndras'

Republican lawmakers unveiled legislation yesterday to end a program offering loan support for clean energy companies, keeping alive the issue of a massive loan to solar panel maker Solyndra, which subsequently filed for bankruptcy.

Solyndra received more than $500 million in government support and has become a political talking point for Republicans in the run-up to November's election and an embarrassment to the administration of President Barack Obama.

After more than a year of hearings and the release of hundreds of thousands of documents in their probe, Republicans on the House Energy and Commerce committee contend the Obama administration was driven by "politics and ideology" when it awarded a loan to Solyndra.

Draft legislation, co-authored by energy committee chairman Fred Upton and oversight subcommittee chairman Cliff Stearns, would block approval of any new loan requests from clean energy companies. It would also require written guidance from the Treasury Department before approval of any pending applications.

The administration has rejected claims that politics played any role in its decision to support Solyndra. **REUTERS**

BILL CLARK/CQ ROLL CALL/GETTY IMAGES

▶ Rep. Cliff Stearns participates in the House Energy and Commerce Committee Communications and Technology Subcommittee hearing on oversight of the Federal Communications Commission yesterday.

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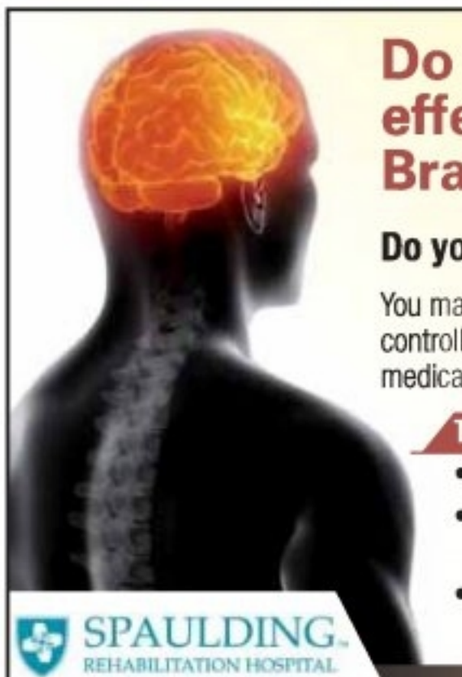

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# THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

## The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

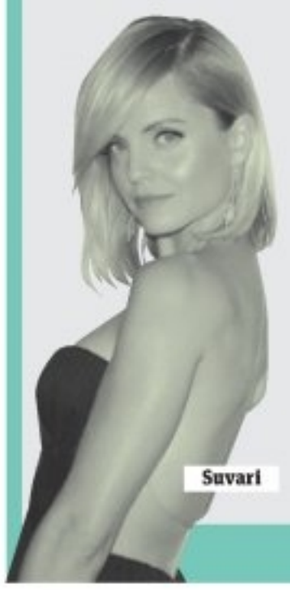
**@Colin_Hanks**
My wife & I split our closet 70-40 cause we give our marriage 110%.

**@rihanna**
Sometimes, ya just need a stiff cocktail!!! Or 10

**@mena13suvari**
Like a ray of sunshine! Raw, vegan nachos.

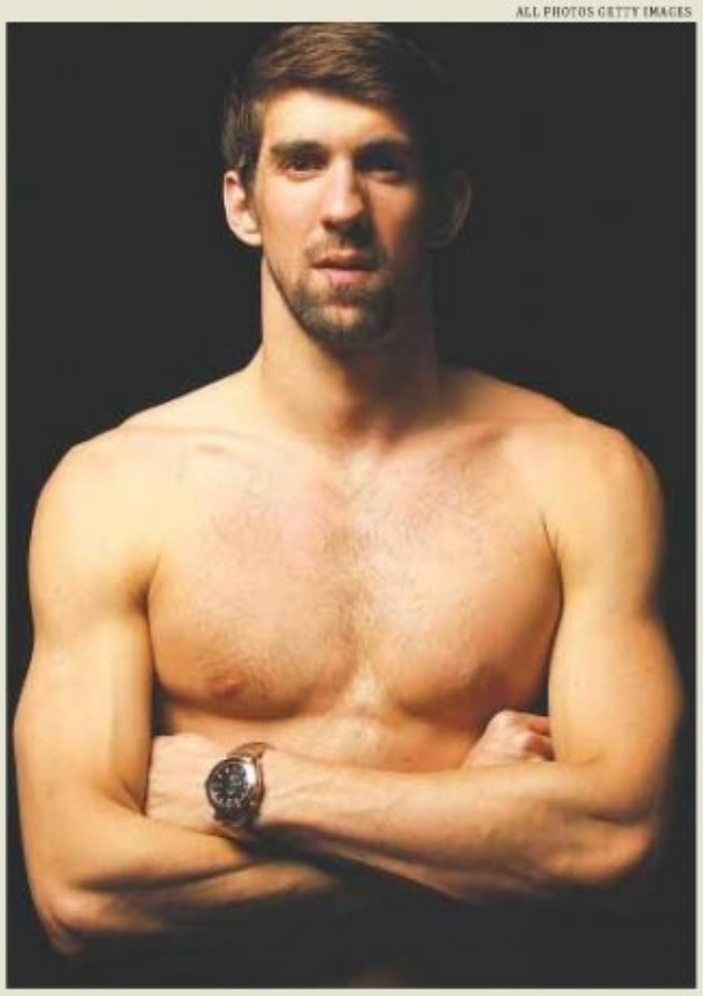
**@JuddApatow**
New family rule– no cursing, unless it is funny. Genuinely funny.

**@Joan_Rivers**
Tom Cruise's divorce settlement is a lot like John Travolta's last massage – both of them cost a fortune for a happy ending.



Suvari

ALL PHOTOS GETTY IMAGES



## Phelps got fat?

When in Olympic shape, 6'4" **Michael Phelps** clocks in at an impossibly fit 185 pounds. But after cleaning up at Beijing in 2008, he admits he let himself go a bit. "I wasn't motivated. I did nothing, literally nothing, for a long time. I gained 25 pounds," he says in the new issue of Details magazine. "A friend of mine and I were playing football on the beach in Miami, and somebody got a picture of us and put it all over the place. And he's like, 'Bro, you gotta start working out, man. You are fat.'"

Next time you don't feel like training for a year, Michael, meet our friend the spray tan. Works wonders and blends in perfectly with Fudgsicle drips.

# Katie Holmes may need a reality check

After she reached a divorce settlement with **Tom Cruise** on Monday, we were all set to go back to ignoring **Katie Holmes** for the next decade or so. But then this little tidbit leaked: It seems she turned to none other than **Victoria Beckham** for marriage advice.

"Katie's seen how a normal marriage should function by being around Victoria and **David Beckham**, so she knew that something was wrong with her relationship," a source tells Now magazine. "[Victoria] has been trying not to take sides, but she has let Katie know she'll be there for her whatever she chooses to do."

Katie, we get that you've had an exceedingly strange, disconnected five years, but marriage counseling from a Spice Girl? Did you consult your Bratz legal panel, too? Join us back in the real world, girl!

▶ Holmes is having a hard time adjusting.

## Enjoy the wait, Ronson

**Samantha Ronson** isn't amused at **Paris Hilton**'s new career as a DJ. "If you're just, like, 'Oh, I want to figure out how I can make more money this week,' it insults the people that work really hard at it," she tells TMZ. "It's like me calling myself a doctor from reading WebMD twice."

Sam, if you're here to play the "Paris Hilton insulted me" card, there's a line — and it's full of the poverty-stricken masses and angry, costumed ferrets.

## Talking points

### 'Twilight' fan dies at Comic-Con

A 53-year-old woman was struck by a moving car outside the San Diego Convention Center yesterday and later succumbed to her injuries at a nearby hospital, the San Diego Union-Tribune reports. The victim was attempting to secure a spot in line outside the Convention Center for Thursday's Comic-Con panel featuring the cast and filmmakers of "The Twilight Saga: Breaking Dawn — Part 2." The victim was reportedly hurrying to maintain her place in line for the opening of the convention, and had been in line with friends since Sunday.

### Serious pay day ahead for Johansson

**Scarlett Johansson** is going to make a mint for appearing in a planned sequel to "The Avengers," reprising her role as Black Widow. The actress has reportedly been offered $20 million for the film, according to the Sun. Co-star **Robert Downey Jr.** reportedly made $50 million for the first "Avengers" film.

### Kristen Wiig talks love after 'SNL'

**Kristen Wiig** is enjoying her budding romance with Strokes drummer **Fabrizio Moretti** — who used to date Wiig pal **Drew Barrymore** — but that doesn't mean she's comfortable talking about it. "I am shyer than most people think," Wiig tells Marie Claire. "I will say that I'm happier than I've been and I feel very lucky right now." As for her departure from "Saturday Night Live" after seven seasons, Wiig says that was always the plan. "I know a lot of people probably assume, 'Oh, she's leaving because she is going to be doing movies now and things like that,' which I will be," she says. "But I just always knew it was going to be seven and that was it. I think maybe if I were 22, I could see myself staying a little bit, but it just felt like the right time."

### Who's a good Brit Brit?

A nasty storm caused the power to go out during the "X Factor" auditions in Greensboro, N.C., yesterday, reports TMZ. Producers suspended the show, while **Britney Spears** hid in her dressing room because she was afraid of the thunder. We're realizing this a few years too late, but Britney makes a ton more sense as a Yorkiepoo. If only we had a bag of Beggin' Strips back in 2007.

# We're hesitant to call it puppy love

**1** If your vacation photos had **Shaq** and/or the "Despicable Me" minions in them, we might pretend to care a little more. The basketball star spent Monday at Universal Orlando Resort.

**2** **Lance Bass** was raising money for charity Monday in Los Angeles — at least that was his excuse.

**3** **Colin Farrell** looks about as psyched for "Total Recall" press conferences as we do during the remake's previews.

**4** **Melissa McCarthy** had a laugh on the set of "The Heat" in Boston yesterday.

**5** **Keira Knightley** and **Mark Ruffalo** were spotted filming "Can A Song Save Your Life" in New York on Monday.

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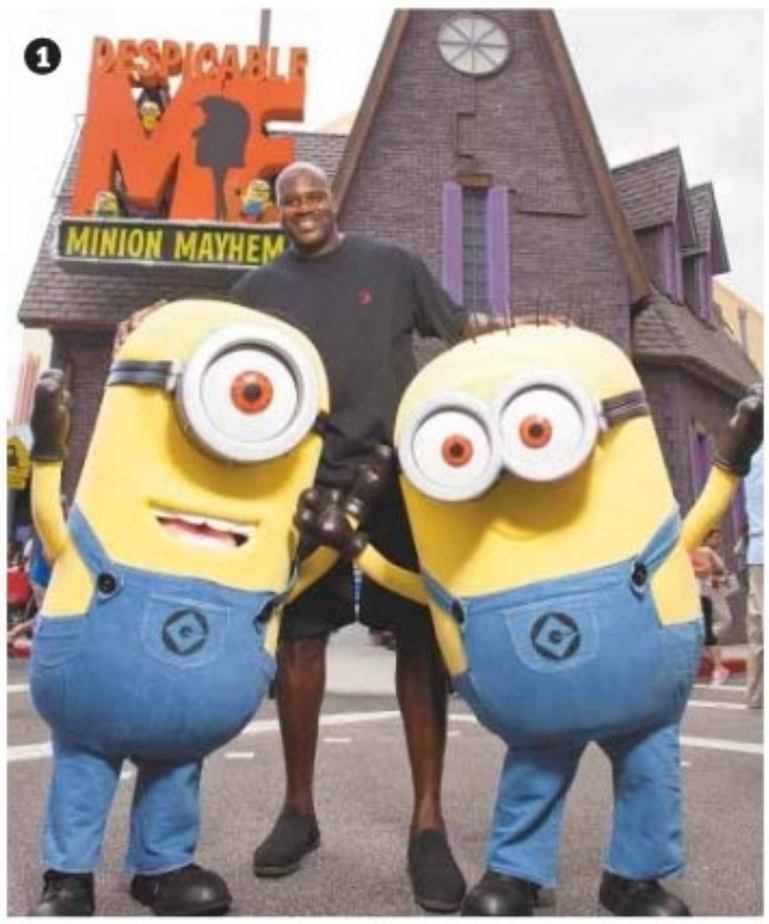
2: VALERIE MACON/GETTY IMAGES
3: KRISTY SPARROW/GETTY IMAGES
4: COURTNEY SACCO/METRO
5: ABY BAKER/GETTY IMAGES



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## TV watch list

### 'Damages'

**DRAMA.** The final season begins with bulldog lawyer Patty Hewes (Glenn Close) and protege Ellen Parsons (Rose Byrne) facing off in the trial of a WikiLeaks-like website's head troublemaker (Ryan Phillippe). **Season premiere, 9 p.m., DirecTV**

### 'The Franchise'

**REALITY.** It's endlessly intrigued to watch professional athletes we've elevated to superhuman status in candid situations. This season the cameras follow the Miami Marlins. **Season premiere, 10 p.m., Showtime**

### 'Hit & Miss'

**DRAMA.** A transsexual contract killer (Chloe Sevigny) is left custody of a dead ex-girlfriend's four children, who live on a farm in Ire-land. So it's the complete opposite of that cutesy "Raising Helen." **Series premiere, 10 p.m., DirecTV** AMBER RAY

# Hooray for Hollywood

## Neon Trees singer on acclimating to 'the taste of fame' and finding his escape in a 'Picture Show'

Neon Trees exploded onto the scene with "Animal," the catchy dance rock track that earned them the 2011 Billboard Award for Top Alternative Song. When asked if he expected this sudden surge in popularity, singer Tyler Glenn flatly says no.

"I'm almost self-deprecating to a fault," he says, "and sometimes don't allow myself to realize how big we've gotten to some people."

Glenn says this struggle helped inform Neon Trees' latest, "Picture Show," which came out this spring He says the album deals with "experiencing the taste of fame and how it can really swallow you up if you want it to."

"All the songs that I was writing about for this record were about escape," he explains. "I like the way I feel when I go to see a movie, seeing someone else's life for two hours."

For Neon Trees, they were able to capture the sounds of this escapism by working in Los Angeles.

"We created and recorded the record in Hollywood, and every day walking to the studio, I saw the Hollywood sign," Glenn says. "It's interesting how it's changed for me. I used to fear it and hate it. … [But now I think] it's really a magical city."

Glenn credits his musical mentors for helping him strike the delicate balance of dealing with popularity. He says he learned from singers of bands the Trees have opened for, notably 30 Second to Mars' Jared Leto, whom Glenn calls "an actual, passionate, real frontman."

"Fame," he says, "should be a byproduct of your success and your passion." KILLIAN YOUNG

Neon Trees are, from left, Chris Allen, Elaine Bradley, Tyler Glenn and Branden Campbell.

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mystyle

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Topshop space-print bikini, $64, www.topshop.com

Giejo Butterfly bandeau, $112; Mixed Boys brief, $98, www.shopgiejo.com

Zimmermann Savannah floral-print strapless swimsuit, $330, www.netaporter.com

Zinke Starboard bustier, $105; Starboard brief, $93, www.zinkeintimates.com

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Norma Kamali Halter Bill, $98, www.kamalikulture.com


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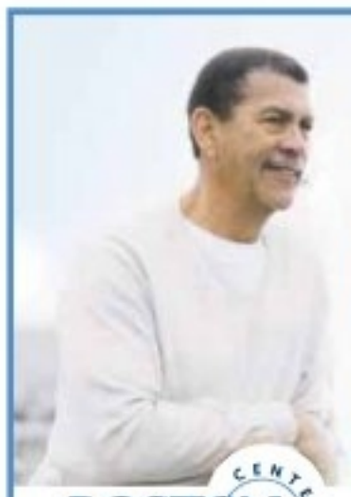

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mytechnology

# Let's all go to the movies

Video games based on movies mix like Ayn Rand and a Peace Corps volunteer. In short, they don't. Most of them are mindless cash grabs designed to trick clueless parents into buying them as gifts. Still, they keep coming, year after year like a sad sequel nobody wants. Let's give some of this summer's a spin.

**"Brave: The Video Game"**
**System:** 360/PS3/Wii
**Publisher:** Disney Interactive
**Rating:** ●●○○○
Pixar has ruled the CGI roost ever since the original "Toy Story" graced cinema screens in fall of 1995. The company continues to rake it in with beautifully designed and unusually nuanced ("Cars" withstanding) animated features. Now they are back with another one, and we have the related cash-in video game to prove it.

"Brave: The Video Game" is about as boring as games based on movies usually are. The gameplay is your standard 3-D action platformer. You spend most of your time wandering around the Scottish countryside, smashing boxes and collecting coins. The biggest shame, being that this is a Pixar property, is the graphics. They look like they are running on the hottest graphics engine of 2002.

**"The Amazing Spider-Man"**
**System:** 360/PS3
**Publisher:** Activision
**Rating:** ●●●●○
While the last Spider-Man movie came out more than five years ago, your favorite webslinger has been keeping busy in video games. He's like a costumed John Madden, pumping out sequels on the regular. Most of these games have been serviceable, but none have reached the glorious heights of Batman's Arkham titles. Activision is trying again now that there's a new Spider-Man movie out. Is it Arkham City or, gulp, Superman 64?

Don't worry webheads, it's good. The fighting mechanic, the graphics and the story are all top-notch. You have the whole of New York City to swing around in. This leads us to the game's only glaring fault, the swinging. It's a one-button affair that is neither challenging or fluid.

Sidescroller

LAWRENCE BONK
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▶ Princess Merida fails to impress in her gaming debut: "Brave: The Video Game."

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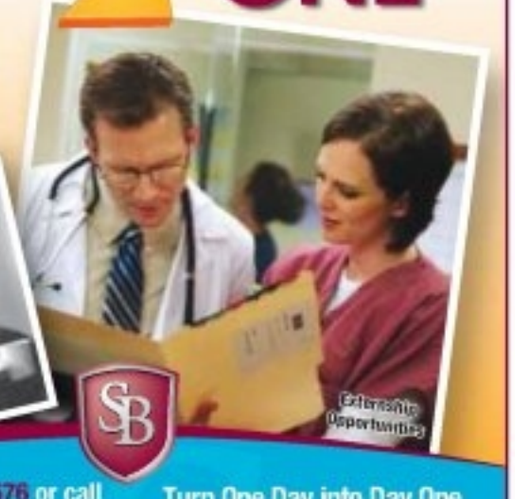

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# Stay safe from ticks this summer

**Not everyone gets the bulls-eye rash signaling Lyme disease, expert warns ◗ But don't worry, Lyme is treatable ◗ How to dress for your next jaunt outdoors**

The Center for Disease Control names Lyme disease as America's fastest-growing infectious disease — and what's worse is that its figures are the tip of a very scary iceberg.

"For every one case that's reported, there are 10 that aren't," says New York-based Dr. Claudia Cooke, MD, FACP, MPH, a medical adviser for the Tick-Borne Disease Alliance. "It's a disease that's vastly underreported."

That's because Lyme is a devious illness with symptoms that range from negligible to catastrophically debilitating. Those infected can feel like they have a mild flu or be incapacitated with extreme exhaustion and pain. "Most people are in the middle spectrum for symptoms," she says.

Treatment is generally by antibiotic therapy. If left untreated, or not treated successfully, the virus can exist in the body, eventually causing or exacerbating neurological or autoimmune diseases such as rheumatoid arthritis.

Don't rely on the trademark rash as an indicator of infection either. "Not everyone gets the bulls-eye rash from a tick bite," Dr. Cooke says. "Anyone who experiences unusual fatigue, muscle or joint aches or cognitive changes should see a Lyme-literate doctor. If you find a tick, or suspect you've been bitten, get screened as soon as you can."

**"It's a disease that's vastly underreported."**
DR. CLAUDIA COOKE

LINDA CLARKE
letters@metro.us

Keep your arms and legs covered next time you're out in the wilderness. All this guy needs is a hat and shades for added sun protection!

## Protect yourself

With a warm winter fueling tick populations in the Northeast, no nature-lover can be too cautious. Here are the TBDA's prevention tips:

- **Don't walk in meadows or wooded areas with exposed skin.** Choose light-colored clothing to make it easier to spot ticks. Tuck your shirt into your pants and your pant legs into your socks. It looks dorky but keeps you safe.
- **Purchase tick-repellent clothing or spray your own clothing with repellent.** If you don't like synthetic insecticides, there are natural alternatives using essential oils or neem oil.
- **Shower and wash clothing as soon as you can.** Check for ticks while you are out. Do another check in the shower. Drying clothing at high heat for about 30 minutes kills the little bugs.
- **Don't forget about Fido.** Brush down pets immediately after walking. At home, use a flea comb to inspect further.

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~ Brian

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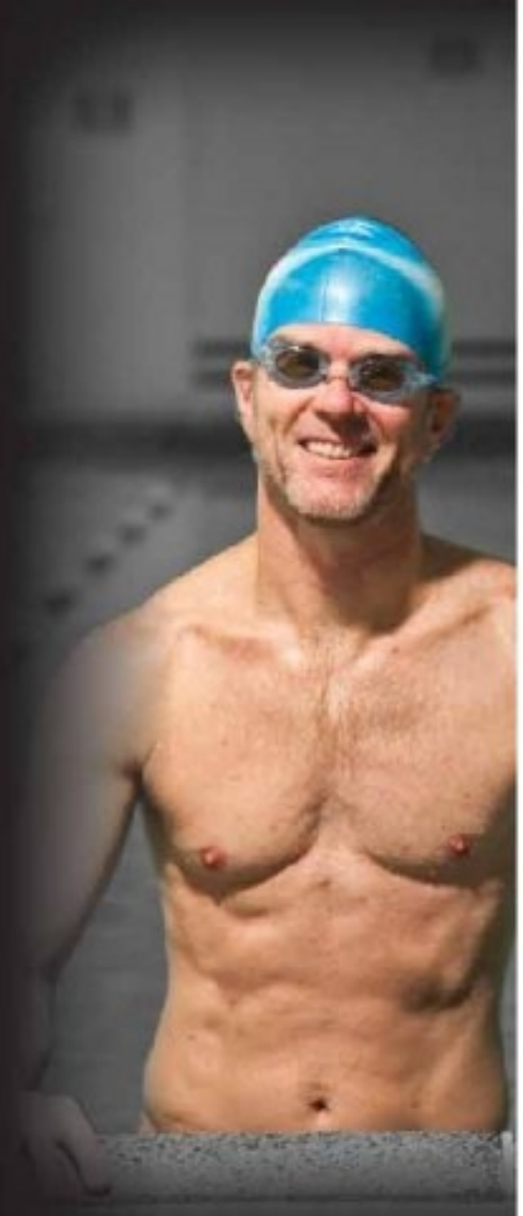

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## Today in Medicine

### New summer danger at your grill

**Study subjects:** Various data
**Location of study:** U.S.
**Results:** People are inadvertently swallowing bristles from metal grill brushes, the Centers for Disease Control and Prevention says. The metal bristles have been found lodged in the digestive tracts of several people in recent years. Those patients went to ERs with stomach and other pains after eating grilled food.
**Significance:** Apart from the carcinogens created by grilling proteins, or the risk of burns and fire, here's another thing to watch out for when grilling!

### Fast-food fears

**Study subjects:** Southeast Asia
**Location of study:** U.S.
**Results:** Eating fast food as little as once a week increases risk of dying by 20 percent. That's according to University of Minnesota and National University of Singapore researchers, who also found that people who eat fast food two to three times a week increase their risk of coronary heart disease by 50 percent. Eat fast food four times or more per week and the risk is increased 80 percent.
**Significance:** Studying population groups in Southeast Asia who are only recently adopting a fast-food diet allows researchers to look at the health changes in a population from the ground up.

STOCKBYTE

▶ Opting for fast food even once a week compromises your health.

### Methadone: Lethal painkiller?

**Study subjects:** Various data
**Location of study:** U.S.
**Results:** The CDC reports that one in three fatal prescription painkiller overdoses is from methadone.
**Significance:** Methadone makes up just two percent of the total painkiller prescriptions in America.

LINDA CLARKE

### Survey: Men fret weight, too

Ladies, you're not the only ones concerned about your size.

▶ **53 percent** of men think they worry just as much as women do about weight loss

▶ **87 percent** of men have felt "guilty" after eating a meal or snack, knowing it was bad for them

▶ **60 percent** of men would be glad if their partner/significant other were honest with them if they told them to lose weight

*Source: Men's Health Magazine and Weight Watchers*

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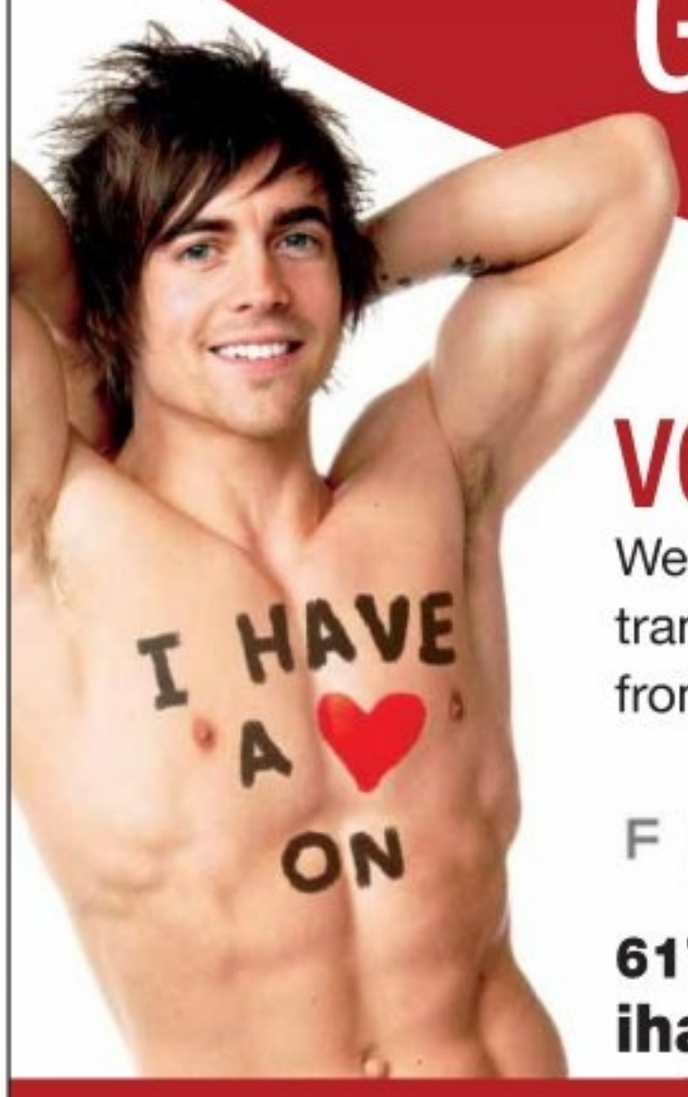


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## Letters

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### Schools a part of the greed machine

Mr. Green has part of his letter correct, which is that minimum wage should be raised due to the rising cost of living. Yet I disagree with his opinion that people do not want to further their education. How about looking at the way the institutions of higher learning are actually discouraging people from getting better educations? It's the greed factor that nitpicks the qualifications for loans and grants, not to mention the constant elevation in tuition that is a huge disappointment for most. Now I wonder if Mr. Green knows how many people there are who have degrees in higher education and can't find a job in their relevant fields. The number is staggering. So if the machines are coming to take our jobs, they will do so because it was already in the works when greedy companies want to save money here and there at the cost of someone's job.
**JONATHAN PERRY, VIA E-MAIL**

### Wealthy presidents weren't always so

The letter from Mike Sepa that was printed in yesterday's Metro was interesting to read, but left me incredulous. I have done some research, and many of the wealthy presidents of the U.S. were so because of either inheritance or marriage. That doesn't say much. Herbert Hoover was wealthy due to his business acumen, which didn't seem to help him when the Great Depression hit. What we need is not someone who is a wealthy business person, but someone who is willing to make the decisions that will lead to the prosperity that our country is capable of. It is easy to become a millionaire during the good times — but how does the millionaire do during the bad times? Many of the wealthy presidents eventually lost their wealth. **JIM LOU, VIA E-MAIL**

### Clinton and Dems sew seeds of failure

While the Bush administration is not blameless, some people fail to remember that the seeds for the current financial crisis were sown in the late 1990s by the Democrats and the Clinton administration. They deregulated the banks and then basically forced them, through government-funded groups like Acorn, to give suspect loans to people who could not really afford them. As for Mr. Connell's question as to why President Obama hasn't fixed everything, the answer is much simpler than the one he published yesterday: The man has no clue, and he has surrounded himself with people who are even more clueless. Also, his "I'm right and you're an idiot" attitude simply doesn't work. Many blame the Republicans for blocking everything Obama proposes; that's partially true. Maybe if the president acted like a true leader — instead of proposing tired idea after tired idea and saying that's the way it has to be — then others would be more willing to listen to and work with him.
**RAYMOND COLLINS, VIA E-MAIL**

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Metro reserves the right to edit all letters.
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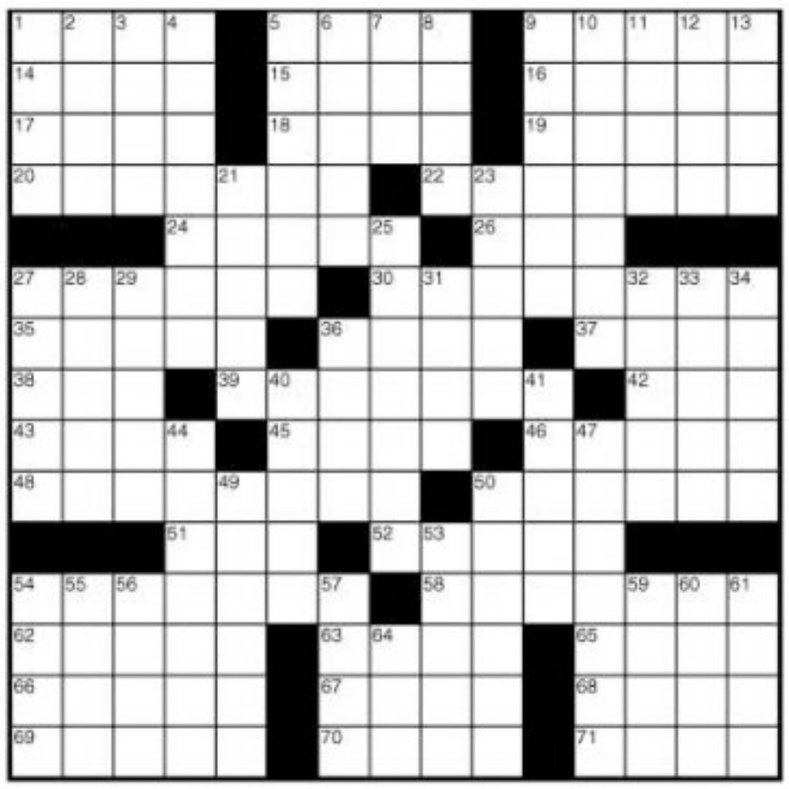
## Horoscope

♊ Gemini **May 21-June 20.** An opportunity from an unsuspected source is likely to present itself, and it could help you fulfill an ambitious desire. However, it will be of a fleeting nature, so act fast.
♋ Cancer **June 21-July 22.** Someone who is separated from you by distance but not spirit is anxiously awaiting a word from you. If you've been harboring the same feelings, do what you can to touch base.
♌ Leo **July 23-Aug. 22.** Even if it takes a few tries, know that two important objectives can be achieved if you go after them. They are interrelated, so your efforts will bring them together simultaneously.
♍ Virgo **Aug. 23-Sept. 22.** A couple of people you've helped in the past will be supportive of your interests if and when you require assistance. Don't be reluctant to let your needs be known.
♎ Libra **Sept. 23-Oct. 23.** Conditions are a bit unusual and somewhat mysterious where your work or career is concerned. You'll be helped rather than hindered, even when you don't ask for assistance.
♏ Scorpio **Oct. 24-Nov. 22.** Someone you find to be appealing has also been rather intrigued by you. This fact might finally become known to both of you through a tantalizing set of circumstances.
♐ Sagittarius **Nov. 23-Dec. 21.** If you choose to use them, you have the time and ability to complete a lot of little things you've left half-finished recently. Be smart and tie up all those loose ends.
♑ Capricorn **Dec. 22-Jan. 19.** You're in an extremely creative cycle at this point in time, and your ideas could have much greater value than you attach to them. It would be wise to discuss your concepts with others.
♒ Aquarius **Jan. 20-Feb. 19.** It looks like your financial prospects are outstanding. It's one of those times when you might want to focus on making extra money.
♓ Pisces **Feb. 20-March 20.** If you want to have more clout with your peers, you only have to assert yourself. You have excellent leadership qualities at present.
♈ Aries **March 21-April 19.** Someone whom you've gone out of your way to help in the past has been looking for a way to reciprocate, and he or she just might find out a way to do so. You deserve it.
♉ Taurus **April 20-May 20.** Don't give up on your hopes and expectations, because they have excellent possibilities for being gratified. What you desire will be placed at your fingertips. **BERNICE BEDE OSOL**



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17 Is, in Avila
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20 Dispensing with
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45 War deity
46 Perch
48 Not perpendicular (2 wds.)
50 Viennese desserts
51 Stovetop item
52 Triangular sign
54 Dates
58 Bullet size
62 Mislead
63 Slapstick missiles
65 Orchid-lover Wolfe
66 Cattle ID
67 Whodunit game
68 On the summit
69 Took care of (2 wds.)
70 Source of the Rhone
71 -- -majeste

**Down**
1 Spouted, as a whale
2 Bart's sister
3 Debate side
4 Dismissal (hyph.)
5 Gin cocktails
6 Hint of color
7 Klutz
8 B.C. or N.S.
9 Motor oil amounts
10 Reveals
11 Desktop symbol
12 Dock
13 Links org.
21 Think-tank output
23 Rousseau novel
25 Had great faith in (2 wds.)
27 Right to decide (hyph.)
28 Cool in manner
29 Mark up, as shoes
31 Shacks
32 Orlando attraction
33 Pay hike
34 Fits of pique
36 Old MacDonald's place
40 Jeer at
41 Comical
44 Designate
47 Sort of number
49 Rio Grande town
50 Ribs
53 Get slippery (2 wds.)
54 Wanes
55 Inoculants
56 Dog nail
57 Humane org.
59 -- noire
60 Psyche's suitor
61 Heavy gold chain
64 Under par

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | | | | | 3 | | 8 | 9 |
| 3 | 7 | 8 | | 6 | 4 | | | |
| | | 6 | | | | | 4 | |
| 6 | 3 | | | 2 | 7 | | | |
| | | | | | | | | |
| | | | 6 | 8 | | | 2 | 3 |
| | 8 | | | | | 5 | | |
| | | | 4 | 9 | | 1 | 3 | 8 |
| 9 | 5 | | 2 | | | | | 6 |

SUDOKU **LEVEL: EASY**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 9 | | 2 | | 4 | | | |
| 7 | | | 1 | | | 6 | | 5 |
| | 3 | | | | | | | |
| | | 3 | 6 | | 2 | 5 | 8 | |
| 8 | | | | | | | | 4 |
| | 1 | 7 | 4 | | 8 | 9 | | |
| | | | | | | | 2 | |
| 1 | | 5 | | | 3 | | | 6 |
| | | | 7 | | 1 | | 5 | 8 |

SUDOKU **LEVEL: HARD**

### Solution to Tuesday's crossword

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| J | I | V | E | | P | A | L | M | S | | S | E | C | T |
| E | D | E | N | | E | T | H | E | L | | O | L | E | O |
| S | E | N | T | | A | M | A | N | A | | J | A | D | E |
| T | A | U | R | U | S | | S | U | M | M | O | N | E | D |
| S | L | E | E | K | | N | A | S | S | A | U | | | |
| | | | A | E | R | O | | | G | R | I | N | S | |
| Q | U | I | T | | A | L | E | | K | I | N | D | E | R |
| T | L | C | | | F | O | A | M | Y | | | L | O | T |
| I | N | K | J | E | T | | T | A | R | | L | E | N | A |
| P | A | Y | E | E | | | T | A | C | O | | | | |
| | | | L | L | A | M | A | S | | U | N | P | E | G |
| F | A | L | L | S | F | O | R | | D | E | G | R | E | E |
| A | L | A | I | | I | R | E | N | E | | B | A | R | N |
| S | O | W | N | | R | E | N | E | E | | O | D | I | E |
| T | U | N | G | | E | S | T | E | R | | W | O | E | S |

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# 3 Events we hate in sports

**During a week that brings us Home Run Derby, the MLB All-Star game and the ESPYs, here are some events we could do without Just don't tell Chris Berman we're pulling the plug**

While I sat Monday night and half-watched the miserable 2012 MLB Home Run Derby in Kansas City, all it took was a few minutes of Chris Berman's buffoonery and Orioles outfielder Adam Jones eating a plate of ribs (no joke, this really happened) to wonder, why does this event exist in the first place? With that in mind, here are some other things off the top of my head that pro sports could live without.

**1 NFL preseason games**
You simply can't go straight from training camp to the NFL regular season, so sadly preseason will always take place. Still, do we need to see Brian Hoyer throwing passes to Matthew Slater on four separate occasions and not two or three times? These glorified scrimmages are basically worthless and the only news that comes out of them is when a good player gets hurt.

**2 Marathon regular seasons**
Along those same lines, you can't help but look at three of the four major sports leagues in the U.S. (NBA, MLB, NHL) and realize that it would be a better product with a less lengthy regular season. No surprise, the NFL is the one professional league that has it figured out. Seventeen weeks of football is pretty much flawless despite the fact that it reduces us to drug addicts, with Roger Goodell being our main connect.

GETTY IMAGES

▶ No offense, Mr. August.

**3 Shootouts**
A relatively new addition to the NHL, the shootout basically caters to fair-weather hockey fans. Oh look, a breakaway! It's not that ties are more exciting, because they most certainly are not, but what is the real point of shootouts? Especially when they are abandoned in the postseason when everyone is tuned in. Maybe I'm just bitter since the Bruins usually lack the skilled guys that excel in this cheesy format.

**4 Penalty kicks**
To clarify, there should obviously be penalty kicks in the run of play during soccer games. For a sport that can be very boring, those are often the most exciting plays. However, by no means should that be the way to decide club championships (like the 2012 Champions League) or world titles (2011 Women's World Cup). At that level, stopping a penalty kick is the result of not much more than pure luck. Therefore, it's insane to have games end in that manner. Like hockey, they should have extra time until someone scores. If that takes too long, start taking players off one by one.

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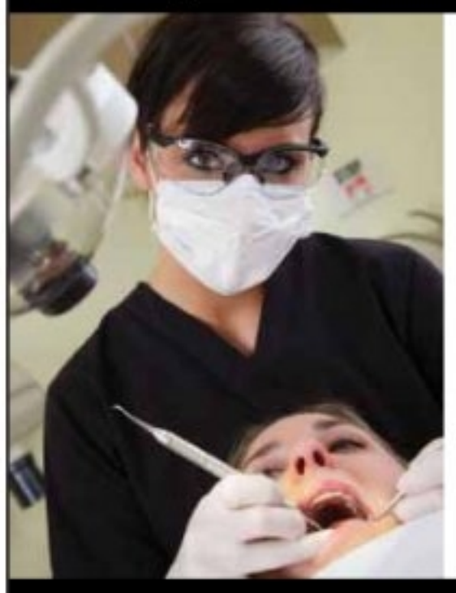

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## The editors' second half roundtable

| | Which team has been most disappointing in first 82 games? | Which hitter will have the best second half? | Which pitcher will have the best second half? | Which team is poised for a breakout second half and playoff run? |
|---|---|---|---|---|
| **Mike Greger**<br>**Metro Philadelphia**<br>**(revised predictions)**<br>**NL East:** Braves<br>**NL Central:** Reds<br>**NL West:** Giants | Philadelphia. We knew they had holes in the lineup that were going to make winning 102 games again impossible. But they'd get by with their aces. Nope. The starters have been average, bullpen atrocious. The result is last place. No one, not even Nostradamus, saw this coming. | We took Joey Votto in our preseason picks and he's been solid. We're going to stick with Votto (.348, 14 HRs, 48 RBIs) since we believe his power numbers will rise. | Cliff Lee. No, we're not taking hallucinogens. The confident lefty has been the victim of some bad breaks and some mental anguish, but he is too good to be 1-5 at the break. Remember, Lee was 5-0 with a 0.45 ERA last August. | Atlanta. We were tempted to pick the Phillies, but they've shown us nothing. Frankly, we don't trust those young Nationals to win the East. We're banking on one last run from the Braves in what could be Chipper Jones' farewell tour. |
| **Mark Osborne**<br>**Metro New York**<br><br>**AL East:** Yankees<br>**AL Central:** Tigers<br>**AL West:** Rangers | Detroit. I'm still picking them to win a mediocre AL Central, but it should not have been close. They're just two games over .500 with Prince Fielder and Miguel Cabrera in the middle of their lineup and Justin Verlander as their ace. That doesn't compute. | Albert Pujols. He's recovered — slowly — from a miserable start and that will continue. He's up to 14 home runs and that .268 average will be up to .300 by September. | Felix Hernandez. The King has a freakish K-BB ratio of 128-to-35 and yet his ERA is still 3.15. No, that's not bad, but it will drop. Wins don't mean anything, but he'll stack up more than six in the second half and earn the AL Cy Young. | Tampa Bay. I already said the Tigers would, but the Rays will definitely be in the playoff hunt by year's end. They are 7 1/2 back of the Yankees, and that will come down, but their better opportunity still will be to take one of the wild cards. |
| **Matt Burke**<br>**Metro Boston**<br><br>**AL wild cards:**<br>Rays, White Sox<br><br>**NL wild cards:**<br>Nationals, Dodgers | Boston. One would have thought a team with a top 5 MLB payroll ($146,371,619) that was coming off the worst collapse in baseball history would want to right a few wrongs. But Josh Beckett, Jon Lester and Clay Buchholz have been shockingly below-average in 2012. | Miguel Cabrera. I'll stick with Cabrera, who was overshadowed by Josh Hamilton and his unbelievable May. | Chris Sale. Call him the anti-Joba Chamberlain as the White Sox lefty has made the switch from reliever to starter without a hitch. | Detroit. The Tigers have just a 44-42 record but are only 1.5 games out of the AL wild-card standings. Expect their recent hot streak, an MLB-best five wins in a row before the break, to continue in the second half. Look for Alex Avilla and Jhonny Peralta to be better in the second half. |


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# 'Gronk' bares it all in ESPN spread

Most female and, yes, some male Patriots fans will be happy to hear about the latest issue of ESPN the Magazine in which tight end Rob Gronkowski appears 95 percent nude.

Gronkowski appears in ESPN's annual Body Issue, which focuses on photography of prominent athletes in the buff. Candace Parker, Abby Wambach, Maurice Jones-Drew, Daniela Hantuchova and Tyson Chandler are some of the other athletes featured in this year's edition. METRO

ESPN

▶ This ESPN's Body Issue hits stands on Friday.

## Howard trade talks resume

Tired of the Dwight Howard saga? Too bad say the Orlando Magic.

Orlando has reopened trade negotiations for Howard with teams other than the Nets, ESPN reported yesterday.

Brooklyn looked like it was set to make a deal official as recently as Monday night, but a four-way trade involving the Cavaliers and Clippers reportedly hit a snag.

A deal involving Howard, Jason Richardson, Chris Duhon, Brook Lopez, Kris Humphries and MarShon Brooks as the primary figures in a blockbuster could still happen despite Cleveland reportedly backing out yesterday. METRO


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## The products

1. Guests will be strategizing over who gets to sit on this chair. **Bend Farmhouse chair, $450, www.designpublic.com**
2. Catnaps, here you come. **Sunbrella Hammock Bed, $205, www.overstock.com**
3. Just cause you're not growing any flowers doesn't mean you can't be surrounded by them. **Crate and Barrel Fiona 20" outdoor pillow, $30, www.crateandbarrel.com**
4. It's like having the most low-maintenance pets. **Loll Designs Pitch bird house, $79, www.lolldesigns.com**
5. Add a little South of France to the mix. **Pottery Barn Sunbrella round umbrella, $269-$369, www.potterybarn.com**
6. Breakfast outside — don't mind if I do. **Fermob Bistro dining set, $460, www.shophorne.com**
7. No sunshine? It's OK, you have these. **Lanterns, $25-$40, www.homegoods.com**

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tina.chadha@metro.us

## Get this!

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## BUY, SELL OR HOLD?

By Attorney George Warshaw

Does anyone know where the real estate market – or the economy for that matter – is headed?

One week it seems there's good news and interest rates rise; and then in response to some new calamity, rates fall again to its lowest level ever in modern times.

What to do?

If you are a successful seller in this real estate market, you can either bank the money and feel very good, or buy a replacement property, hopefully at an equivalent "less than it used to be worth" price. Either result is a "win."

If you are a buyer you have to take a long-term view of ownership. Look 5 to 7 years down the road. With interest rates at distress levels, you'll be patting yourself on the back as the next Warren Buffett when rates climb to their historical norm and real estate prices rise. That might not be tomorrow but it will happen sometime.

The key as a buyer is choosing real estate that has true inherent value. Is it in a great location? Are the features in the house or neighborhood that make it especially desirable, or may cause it to rise in value faster than others or sell more quickly if you are mired in a bad market?

Be smart and sensible!

**George Warshaw is a real estate and estate planning attorney in Massachusetts. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts for individuals and families. George welcomes new clients and questions at metro@warshawlaw.com.**

at home with metro

# Head over heels for O'verlays

## A pair of women from the North Shore have come up with a fun and easy way to dress up your furniture

▶ Rhuda and Herrick sit among their decorative fretwork.

LANA BALACH

It's such a simple idea, but one that can take the ordinary into the realms of truly individual. One year ago, Cheryle Rhuda and Danika Herrick, who had worked together in the interior design field, launched Beverly-based O'verlays by Danika & Cheryle LLC, which sells a range of decorative fretwork that turns the plain into pretty spectacular. For Rhuda and Herrick, it was a case of necessity being the mother of one very fun invention.

"We got the idea when we were working on a project for a customer and we wanted to transform an IKEA cabinet," says Rhuda. "We found some fretwork panels at a flea market and it turned out great. Then when we wanted to do it again for another project, we couldn't find any panels anywhere."

So they developed polyvinyl, paintable, ready-made overlays and decided to offer a bespoke service, too. Pricing starts at $10 per panel, and they're applied with glue or Liquid Nails. Customers include artisans and artists, DIY-ers and designers.

"Event planners use us to create customized decorations, such as wedding banners that include the couple's initials. We've worked with hotels to dress up hallways. We've worked with a few architects and lots of interior designers," she stresses.

Rhuda and Herrick hope to grow the company to work with big organizations and are already collaborating with MirrorMate in Charlotte, NC, which makes custom frames for plate glass mirrors.

And if IKEA comes calling?

"Oh, we'd love to work with IKEA," says Rhuda. "It's a great match for us."

### A date with IKEA

O'verlays work as wainscoting, crown molding and framing. They can add interest to everything from windows to walls, from cabinets to tables. True to the original creative spark, O'verlays are compatible with IKEA pieces. "Rather than buy new," says Rhuda, "kids are taking their college furniture with them and turning it into adult pieces."

LINDA LABAN
linda.laban@metro.us

O'VERLAYS BY DANIKA & CHERYLE LLC

▶ This is what the cabinets look like before and after. For more info visit www.myoverlays.com.

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# Apartment rents rise at highest rate since 2007

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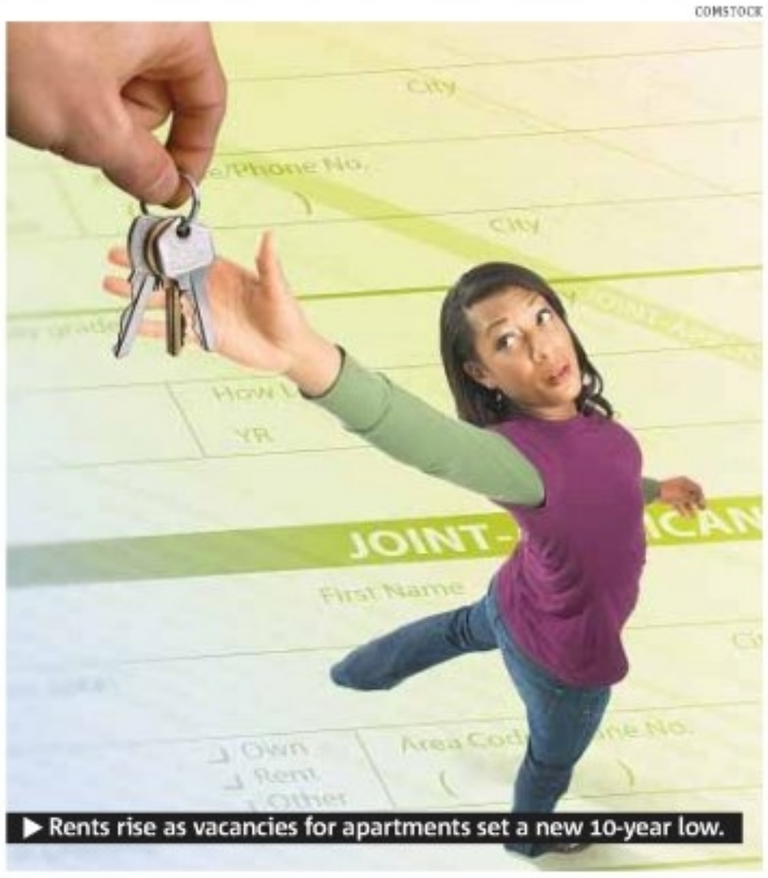

▶ Rents rise as vacancies for apartments set a new 10-year low.

Renting an apartment in the U.S. became even more expensive during the second quarter, as vacancies set a new 10-year low and rents rose at a pace not seen since before the financial crisis, according to real estate research firm Reis Inc.

The average U.S. vacancy rate of 4.7 percent was the lowest since the fourth quarter of 2001, down 0.2 percentage points from the prior quarter, according to preliminary data Reis released on Thursday.

Asking rents jumped to $1,091 per month, 1 percent higher than the first quarter and the biggest increase since the third quarter of 2007. Excluding special perks designed to lure tenants, like months of free rent, the average effective rent rose 1.3 percent to $1,041.

"The improvement in rents is pretty pervasive," said Ryan Severino, senior economist at Reis. "Even in places like Providence and Knoxville, which you don't think of as hotbeds for apartment activity, landlords felt the market was strong enough to raise rents on their tenants."

Those two cities, in Rhode Island and Tennessee, respectively, posted quarterly effective rent increases of 0.7 percent, the smallest quarterly rise of the 82 areas tracked by Reis. No area posted a decline. On an annual basis, effective rents rose by at least 2.2 percent nationwide.

Severino characterized the broad increase in rental prices last quarter as "pretty amazing." REUTERS


The Boston Home Center

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